



# KODIAK SENIOR CENTER

## NEWSLETTER

May 2025

302 Erskine Ave  
Kodiak, Alaska  
(907) 486-6181

[www.kodiakseniorcenter.org](http://www.kodiakseniorcenter.org)

### Director's Door

### News from the Board

Wahoo - It's May! In Kodiak there are so many fun activities, events and celebrations going on from high school graduation to Crab Fest alongside nicer weather for us to go out and enjoy things like hiking, fishing, and gardening.

At the Senior Center, we have a lot of things going on to add to your must-do list, including our annual art show. If you have art to share, please drop it off at the senior center between May 5th and May 9th. We will then display artwork between May 12th and May 23rd. Find out more information in this newsletter and be sure to check out our events calendar for other fun things going on.

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The theme for May 2025 is *Flip the Script on Aging*. This theme focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

This year, we will have guest speakers during lunch who will share how they have stayed active within the Kodiak Community, and what inspires them to do so. Please come listen to them share their stories and ask them questions. I am proud to be a part of a senior center that connects and collaborates with so many other individuals and organizations.

We will have a Cinco de Mayo celebration on Monday, May 5th; we will honor moms during our Mother's Day Luncheon Friday, May 9th; and observe Spring during our Spring Picnic Friday, May 16th! We also have our Birthday Luncheon scheduled for Thursday, May 29th where we will celebrate all those with a May birthday.

Thank you to everyone who took the time to fill out our annual survey – we will share the feedback in the next newsletter.

I hope you all have a lovely May, and we can all get out to enjoy our wonderful island turning green.




The Board of Directors appreciates everyone who submitted feedback to us through our annual surveys. Please know the staff and Board of Directors will review each response at our next meeting. This will help us evaluate our outcomes and look at ways to improve our services.

Keep an eye open for SCOK's annual meeting date in June. Be sure to join us for updates, a delicious meal, our annual report and entertainment and door prizes.



*Senior Citizens of Kodiak, Inc.*



- BILL OLIVER, PRESIDENT**
- RALPH 'SKIP' BOLTON, VICE PRESIDENT**
- SUSAN BROCKMAN, SECRETARY/TREASURER**
- CHARLES BARBER, MEMBER**
- TINA HOEN, MEMBER**
- JOYCE GREGORY, MEMBER**
- NENITA NICOLAS, MEMBER**
- BETTY WALTERS, MEMBER**
- DR. ALAN WOLF, MEMBER**



**Our mission is to enhance the lives of older adults.**

This agency is supported through funding from ConocoPhillips Alaska, the Division of Senior and Disabilities Services, Rasmuson Foundation, American Seafoods Company, City of Kodiak, Kodiak Island Borough, First National Bank of Alaska, Providence Alaska Foundation, & Kodiak CHARR. We greatly appreciate their support alongside our membership including the generous donations recently made by Aldona Kouremetis, Daniel Smith, Carol Valley & Mike Williams. Thank you also to Aldona Kouremetis for your donation *in honor of Tom Kouremetis*.

# MAY 2025

Mon	Tue	Wed	Thu	Fri
	<p>FORMERLY KNOWN AS DECORATION DAY, MEMORIAL DAY COMMEMORATES SERVICE MEMBERS WHO HAVE DIED IN MILITARY SERVICE AND IS HELD ON THE LAST MONDAY IN MAY. FLY YOUR FLAG AT HALF MAST</p>		<p>1. Spaghetti with Meat Sauce Sweet Peas Garlic Toast Dessert Soup &amp; Salad</p>	<p>2. Coconut Shrimp Pasta Salad Asian Vegetables Egg Rolls Dessert Soup, Carrots &amp; Celery</p>
<p>5. <b>Cinco de Mayo</b> Enchilada Casserole Spanish Rice Black Beans Dessert Soup &amp; Salad</p>	<p>6. Oven Fried Chicken Buttered Noodles Chef's Choice Vegetables Dessert Soup &amp; Salad</p>	<p>7. Baked Ziti w/ Sausage Zucchini Garlic Bread Dessert Soup &amp; Salad</p>	<p>8. Pork Loin Chops Potato Wedges Applesauce Vegetable Medley Dessert Soup &amp; Salad</p>	<p>9. <b>Mother's Day Luncheon</b> Chicken Cordon Bleu Wild Rice Asparagus w/ Hollandaise Special Dessert / Salad <b>No Soup Today</b></p>
<p>12. Baked Ham Au Gratin Potatoes Glazed Carrots Dessert Soup &amp; Salad</p>	<p>13. Chicken Fajitas Sautéed Peppers &amp; Onions Red Beans &amp; Rice Guacamole Dessert Soup &amp; Salad</p>	<p>14. Parmesan Baked Cod Scalloped Potatoes Broccoli &amp; Cauliflower Dessert Soup &amp; Salad</p>	<p>15. Roast Turkey Stuffing with Gravy Peas &amp; Carrots Dessert Soup &amp; Salad</p>	<p>16. <b>Spring Picnic</b> Hamburger or Hotdog Lettuce, Tomato, Onion Potato Salad / Baked Beans Fruit Cocktail <b>No Soup or Salad</b></p>
<p>19. Beef Tips w/ Mushroom Gravy Buttered Noodles Mixed Vegetables Dessert Soup &amp; Salad</p>	<p>20. Teriyaki Chicken with Pineapple Jasmine Rice Stir Fry Vegetables Dessert Soup &amp; Salad</p>	<p>21. <b>NEW MENU ITEM</b> Reindeer Sausage Sandwich w/ Sweet Pepper Relish Sweet Potato Fries Corn on the Cob Dessert, Soup &amp; Salad</p>	<p>22. Pork Tenderloin Mashed Potatoes &amp; Gravy Green Beans Dessert Soup &amp; Salad</p>	<p>23. Fish &amp; Chips Coleslaw Dessert Carrots &amp; Celery Soup</p>
<p>26. <b>Senior Center &amp; Island Cove Closed In Honor Of Memorial Day.</b></p> 	<p>27. Pesto Chicken Pasta Alfredo Sweet Peas Dessert Soup &amp; Salad</p>	<p>28. Egg Salad Sandwich Chips Tomato Bisque Soup Dessert Carrots &amp; Celery</p>	<p>29. <b>Birthday Luncheon</b> Country Fried Steak Egg Noodles / Gravy California Style Vegetables Dessert Soup &amp; Salad</p>	<p>30. Lamb Gyros Rice Pilaf Steamed Vegetables Dessert Soup &amp; Salad</p>

1% milk, full strength fruit juice, salad and bread served daily. Menu subject to change without notice.

# May 2025

Mon	Tue	Wed	Thu	Fri
			1	2 Foot Clinic 10 am-12 pm  Whippersnappers 1 pm Games 1 pm
<b>5 Cinco De Mayo</b>  Yoga TBA	6	<b>7 Tai Chi</b> 9:30 am	8	<b>9 Mother's Day Luncheon</b> Foot Clinic 10 am-12 pm Whippersnappers 1 pm  Games 1 pm
12 Yoga TBA	<b>13 Alaska Legal Services 10-12 pm</b>  Social Security Tele-conference at Job Service 9-11:45 am	<b>14 Tai Chi</b> 9:30 am  Trivia 12:30 pm	<b>15 Food Bank Distribution 1:30 pm</b>	<b>16 Spring Picnic 12 pm</b>  Foot Clinic 10 am-12 pm  Whippersnappers 1 pm
19 Yoga TBA	<b>20 Three Sisters Sunset Painting Workshop 10-12 pm</b>	<b>21 Tai chi</b> 9:30 am  Caregiver Support Group 1 pm	22	<b>23 Foot Clinic</b> 10 am-12 pm  Whippersnappers 1 pm Games 1 pm
<b>26 Senior Center &amp; Island Cove Closed</b>  	<b>27 Social Security Teleconference at Job Service 9- 11:45 am</b>	<b>28 Tai chi</b> 9:30 am	<b>29 Birthday Lunch-Bingo 1 pm</b> 	<b>30 Foot Clinic</b> 10 am-12pm  Whippersnappers 1 pm Games 1 pm

—Drop off Art May 5-9—

—Art Show May 12-23—

—Art Show May 12-23—



## May 2025 Calendar

### Art Show

All seniors welcome to contribute art!

### Foot Clinic

Please call for an appointment

### Tai Chi & Yoga

Free to members, no sign-up required.

### Painting Workshop

Hosted by Rural CAP AmeriCorps Seniors Program, sign up at the front desk or call 907-538-2657

More details for all events are found on pages 4 & 5 of the Newsletter

### Kodiak Senior

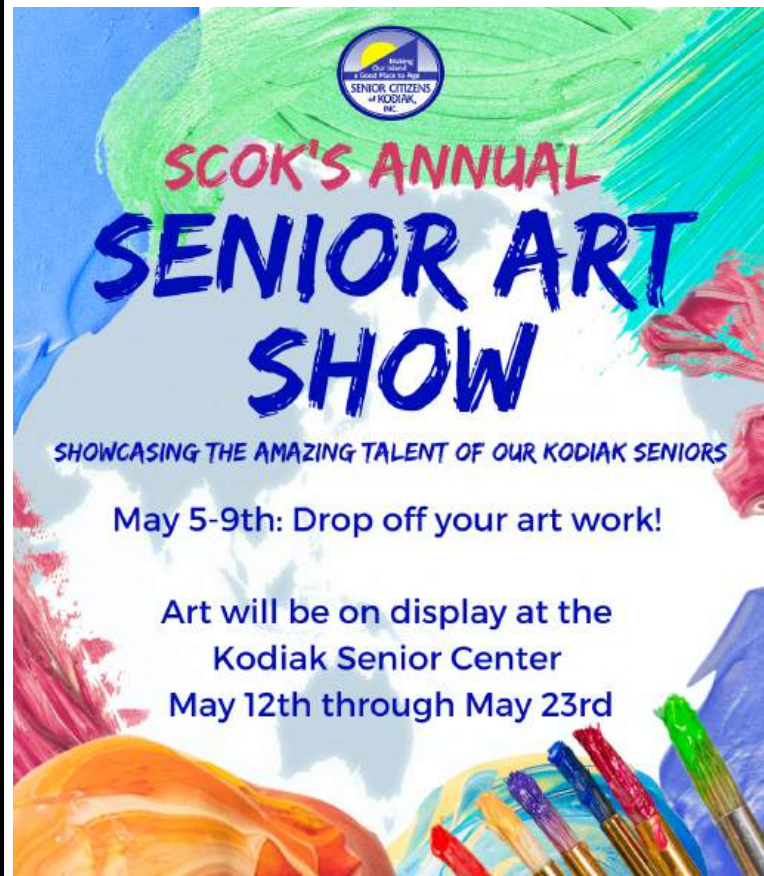
Center

486-6181

info@scoki.org



## Activities at the Senior Center



**SCOK'S ANNUAL SENIOR ART SHOW**

SHOWCASING THE AMAZING TALENT OF OUR KODIAK SENIORS

May 5-9th: Drop off your art work!


Art will be on display at the Kodiak Senior Center May 12th through May 23rd



Happy Birthday to everyone with a May birthday!

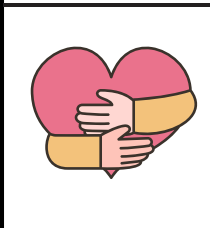
Join us for lunch on Thursday **May 29<sup>th</sup>** to celebrate those with May birthdays! We'll eat and sing together, and share happy blessings to those with May birthdays! **All those present with a May birthday will be entered to win a free lunch ticket!**

**We will continue Birthday Luncheons on the last Thursday of every month.**



We will have bingo for seniors on **Thursday, May 29<sup>th</sup>**, continuing each month on the last Thursday. This is free to enter.

Thank you so much to those organizations who make this event possible: Olson's Bookkeeping, VFW Post 7056 Auxiliary, Harborside Coffee, Henry's, Kodiak Island Brewing, Norman's Gifts, and Subway.



**Caregiver Support Group**

**Wednesday, May 21<sup>st</sup> at 1 pm** in the multipurpose room  
Hosted by SCOK & HPCCK



**PAINTING WORKSHOP**

**THREE SISTERS SUNSET**

Join us for a fun **FREE** event as we learn to paint a scene of the three sisters with **VALORY CANFIELD**

**MAY 20 FROM 10-12**


Kodiak Senior Center  
302 Erskine Way

Please sign up at the senior center or call 907-538-2657 by May 13th to reserve your seat!

Hosted by Rural CAP AmeriCorps Seniors Program

FREE EVENT FOR ANYONE AGE 55+

**The Senior Center and Island Cove will be closed on Monday, May 26<sup>th</sup> for Memorial Day. This Memorial Day, let us remember those heroes who courageously gave their lives.**



## Announcements & Reminders

### Social Security Administration

A representative from the Social Security Administration is available on May 13th and May 27th from 9:00-11:45 AM. Please go to the Job center building (public assistance office) early at 8am and sign in for an appointment.

### Food Box Distribution

Food bank distribution this month is scheduled for

**May 15th at 1:30 PM.**

Applications available at the Senior Center Call 486-6181 for more information



### Exercise Classes at the Senior Center



Tai Chi every Wednesday at 9:30 am. You do not need to sign up to attend, but we do encourage those who attend to keep their membership current!

**Chair Yoga classes TO BE ANNOUNCED.. please check our website or call the office April 28th**

As a reminder, our exercise equipment is available for SCOK Members on a first come first serve basis.



# Reminder

**The side of the building is handicapped parking, but during lunch hours from 12-1 pm, we ask that you do not park there as it interrupts our drive-through lunch line. Thank you for understanding!**



### Alaska Legal Services-

Welcome back Teka!

Alaska Legal Services is offering one-on-one services for seniors at the Senior Center.

**May 13 from 10:00 AM-12:00 PM**

(first come first serve).

Alaska Legal Services can help you start wills, Miller Trusts or guardianships; start and execute powers of attorney and advanced healthcare directives; collect info and signed authorizations to appeal delay of public benefits, or answer any questions you may have regarding legal documents.

If you need help and can't make the date she is schedule at the Senior Center. Teka can be reach at (907) 512-0499 to schedule a separate appointment.

### May is Older Americans Month 2025 Theme: Flip the Script on Aging

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging.



The Kodiak Senior Center would like to help “Flip the script on aging” by showcasing seniors in our community that prove that aging can be an opportunity, not a limitation—whether it’s pursuing a new passion, giving back to the community, or redefining expectations – our Kodiak seniors are amazing!

Throughout the month, we will be hosting Kodiak Seniors during lunch - come be inspired by the amazing talent of our Kodiak Seniors. Some of our speakers will include Pat Branson, Bonnie Dillard, Deb Houlden-Engvall, Laurie Murdock, Sandy Peotter & Alan Schmidt



# Kodiak Senior Center Recent Highlights

# SPRING FUN



## “Who’s Who!?” at the Senior Center

We are happy to continue to introduce the amazing staff we have here at the Senior Center.

**Introducing....** Rachelle Fanol, CNA and Program Coordinator at Island Cove Adult Day Program

### **Something fun that you may not have known about Rachelle**

Rachelle’s parents, who are originally from the Philippines, met in Hawaii and decided to move to Kodiak, where they worked and started their family. Rachelle was born and raised in Kodiak as the only girl surrounded by her three brothers. In 2007, Rachelle moved with her family to Anchorage, where she lived for eight years.



After graduating high school, Rachelle planned to go to beauty school to become an esthetician, but didn’t like it as much as she thought. A friend suggested CNA school, so she changed her course of study and liked it much better. While she was a student, she helped to take care of her mom and dad, while also working as a Hostess at Beni Hana. After she got her CNA license, she decided to move back to Kodiak.

Almost a year ago, Rachelle welcomed her son, Zylus, to the family. She is a proud mama who glows when she talks about her adorable son. Even as she recalls him still waking during the night, she is smiling. He started walking at 10 months old, and gets his parents attention easy when he says “mama!” or “dada!” Now that he’s walking, it will be non- stop fun for Rachelle!

When Rachelle is not working, she enjoys going on outings and spending time with her family, having family movie nights and listening to music. She loves to read, and looks forward to having the time to do that again! She recently visited family in the Phillipines, and looks forward to traveling more.

### **How long has Rachelle worked at the Senior Center?**

Rachelle started working at the Senior Center in 2016. She started her employment at Island Cove as a CNA, and transitioned into her role as a Program Coordinator in 2021. She is a great team member, and we’re so lucky to have had her working at Island Cove for the last nine years (and counting!)

Rachelle works Monday through Friday, from 8:00 am until 4:30 pm. You will find her either working directly with clients or in her office assisting with billing and providing other administrative support for Island Cove. Rachelle has a very strong attention to detail, which comes in handy with tasks like Medicaid Waiver billing! She is a kind-hearted soul who truly has the clients’ best interests in mind.

### **What does Rachelle love about her job at the Senior Center?**

Rachelle really enjoys the clients and her co-workers. She says, “ I like listening to the clients’ stories about the way they lived, and about their young times. It’s really interesting.”



## Medicare Minute

# HELP with MEDICARE COSTS

### XTRAHELPwith Prescriptions(PartD)

Anyone on Medicare can enroll in a Part D Prescription Plan.

Extra Help is a program that helps with your prescription drug plan costs. If you qualify, you can enroll in a Medicare Part D prescription plan anytime, or change your current plan.

*If you are on Medicaid, SSI, or get help from the Medicare Savings Program, you automatically qualify for extra help so no need to apply.*

Alaska **2025** Income Limits for Extra Help:

**\$2,464/month (single)      \$3,324/month (couples)**

Alaska **2025** Assets\* Limits for Extra Help:

**\$17,600 (single)      \$35,130 (couples)**

How do I apply for Extra Help?

Apply online at [www.ssa.gov/medicare/part-d-extra-help](http://www.ssa.gov/medicare/part-d-extra-help)

### The Medicare Savings Program (MSP)

Another program that helps with Medicare costs is the Medicare Savings Program. You must be eligible for Medicare Part A (Hospital) to apply. This pays your Medicare Part B (Medical) premiums.

Alaska **2025** Income Limits for MSP (effective 04/01/2025):

**\$2,220 (single)      \$2,994 (couples)**

Alaska **2025** Assets\* Limits for MSP:

**\$9,660 (single)      \$14,470 (couples)**

*Income and Assets Limits can change each year.\**

How do I apply for MSP?

To get the application for services, contact the State of Alaska, Public Assistance Office or go online <http://dpaweb.hss.state.ak.us/e-forms/pdf/GEN-50C.pdf>

\*Assets for Extra Help and MSP include your bank accounts and investment accounts. DO NOT count the home you live in or the car you drive. Income limits include a \$20 monthly income disregard and are rounded to the nearest whole dollar.\*

Alaska's Medicare Information Office can help you with either application, call 1-800-478-6065

Or call Laurie at the Kodiak Senior Center at (907) 486-6181.



**Medicare Information Office**



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## Health Wire



### Loud Noise is Bad For Balance

In one small study, people who had been exposed to more loud noises- including those that caused temporary hearing loss or ringing-had early signs of damage to the system in their ears that controls balance. Researchers say this adds more weight to the importance of avoiding loud noise.



### Eye Exams Are Key

About 4.22 million adults in the U.S have glaucoma, according to a University of Michigan study. About half of the cases are diagnosed, so people aren't receiving sigh-saving treatment. Early glaucoma usually has no symptoms but can be detected by a comprehensive eye exam. Those over 65 should have one every year or two.



### Why Pastry May Not Be So Bad for You

Some sources of added sugar may be worse for your heart than others. A Swedish study found that regularly sipping soda raised heart risk but that eating pastry, ice cream, or chocolate-which may be more satiating than a drink-didn't. Still, the American Heart Association says it's wise to limit added sugars!



### New Reason To Exercise

An analysis has found that for older adults, 150 minutes a week of moderate intensity activity seemed to cut early death risk by about 24 percent. Weight control and good blood pressure and blood glucose levels are important, but activity may have the biggest benefit for heart health, balance, and muscle strength as we age.



### Meds That Don't Mix

If you take blood thinner like apixaban, dabigatran, edoxaban, rivaroxaban, or warfarin, think twice before you use pain relievers such as ibuprofen or naproxen. A decade-long study found that those who did this more than doubled their risk of internal bleeding. For pain or fever, acetaminophen may be safer. Talk with your doctor.

### What Really Helps When You're Grieving

For people coping with severe grief that lasts more than a year after the death of a loved one, one of two therapies may be most helpful. In one study, cognitive behavioral therapy for prolonged grief (PG-CBT) and present-centered therapy (PCT) both reduced grief significantly. PG-CBT involves finding new ways to understand the loss you've had, and PCT Focuses more on daily coping. Ask your doctor or go to [locator.apa.org](http://locator.apa.org) to find an experienced therapist.

**To read more go to Consumer Reports On Health [cr.org/health](http://cr.org/health)**

## The Caring Islander

### Who is a caregiver?

A caregiver is a person who provides physical or psychological care to someone else. Caregivers help others who aren't able to help themselves fully on their own due to declining health, an illness, injury or an underlying medical condition like: Alzheimer's disease or dementia, Cancer, Chronic illness, Mental health conditions, Multiple sclerosis, Parkinson's disease, Stroke, and Traumatic brain injuries. This isn't a comprehensive list, but these are the most common conditions caregivers support. In addition, certain professions — like people who work in healthcare or education — may experience caregiver burnout.

### The role of a caregiver could include:

The main responsibility of a caregiver is to make sure the person within their care is safe and healthy.

- Helping with a daily routine like toileting, bathing, getting dressed or brushing hair.
- Preparing meals.
- Completing housework.
- Medication management.
- Managing finances.
- Transportation.
- Monitoring health.
- Advocating and communicating their needs with healthcare providers or agencies.

### What is caregiver burnout?

Caregiver burnout is a state of physical, emotional and mental exhaustion that can happen when you dedicate time and energy to manage the health and safety of someone else. Caregivers who experience burnout may feel tired, stressed, withdrawn, anxious and depressed. Burnout feels like a candle that ran out of a wick — it doesn't have what it needs to continue to provide light. It can occur when you don't get the help you need personally, as you devote all of your time and energy to helping someone else. It can also happen when you try to do more than you're able to, emotionally, physically or financially.

How common is caregiver burnout? Caregiver burnout is very common. Studies show that more than 60% of caregivers experience symptoms of burnout.

**Your health and well-being matter just as much as the person you're caring for.** It's important to know the signs and symptoms of caregiver burnout so you can get the help you need when you need it most.

Did you know? The Alzheimer's Association 24/7 Helpline ([800.272.3900](tel:800.272.3900)) is a free service offering support for people living with dementia, caregivers, families and the public. Connect with a live person who can provide information, local resources, crisis assistance and emotional support.



**To get more support and learn more go online to [weconnecthealth](http://weconnecthealth.org)**

## News from Island Cove

At Island Cove, we continue to learn new things about our participants, and really enjoy watching everyone make each other smile! Even without being in the room, you can tell how much fun everyone is having; when you come by for lunch, just stand at the top of the steps and you'll likely find laughter drifting up the stairs.

This past month, we welcomed a new participant, had some birthday fun, and painted rocks with our friends at the Kodiak Christian School. We hid the painted rocks and had clients find them - an "egg hunt" of sorts for our Easter festivities. With spring upon us, we are looking forward to getting ready for our SCOK Senior Art Show and having some field trips and outdoor picnics!



## Daily Schedule

We have a variety of activities that rotate in and out of our daily schedule. We meet with participants regularly to find out what new things they might like to try. And there's always the sun room for relaxing!



8:00 am	Opening Time!
8:00 - 10:00am	Breakfast, News and Morning Greetings
10:00-11:00am	Morning Activity: Exercise or BINGO
11:00-11:30am	Bathroom, get ready for lunch
11:30-12:00pm	Lunch
12:00-1:00pm	1st Afternoon Activity- rotating
1:00-1:30pm	Snack

MAY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				8-9 BREAKFAST 10-11 EXERCISE 11-12 LUNCH 12-1 CARD GAMES SNACK	8-9 BREAKFAST 10-11 BINGO 12-1 SNACK 1-2 SNACK 1-2 SNACK 1-2 SNACK 1-2 SNACK	9-10 BREAKFAST LUNCH CARD GAMES
9-10 BREAKFAST LUNCH TABLE GAMES	9-10 BREAKFAST 10-11 EXERCISE 11-12 LUNCH 12-1 WORD GAMES SNACK 1-2 SNACK 1-2 SNACK	10-11 BREAKFAST 11-12 EXERCISE 12-1 LUNCH 1-2 SNACK 1-2 SNACK	10-11 BREAKFAST 11-12 EXERCISE 12-1 LUNCH 1-2 SNACK 1-2 SNACK	11-12 BREAKFAST 12-1 BINGO 1-2 SNACK 1-2 SNACK 1-2 SNACK	12-1 BREAKFAST 1-2 BINGO 2-3 SNACK 2-3 SNACK 2-3 SNACK	12-1 BREAKFAST LUNCH CARD GAMES
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5-6 BREAKFAST LUNCH TABLE GAMES	5-6 BREAKFAST 6-7 EXERCISE 7-8 LUNCH 7-8 SNACK 7-8 SNACK	6-7 BREAKFAST 7-8 EXERCISE 8-9 LUNCH 8-9 SNACK 8-9 SNACK	6-7 BREAKFAST 7-8 BINGO 8-9 SNACK 8-9 SNACK 8-9 SNACK	7-8 BREAKFAST 8-9 EXERCISE 9-10 LUNCH 9-10 SNACK 9-10 SNACK	8-9 BREAKFAST 9-10 BINGO 10-11 SNACK 10-11 SNACK 10-11 SNACK	9-10 BREAKFAST LUNCH CARD GAMES
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7-8 BREAKFAST LUNCH TABLE GAMES	7-8 BREAKFAST 8-9 EXERCISE 9-10 LUNCH 9-10 SNACK 9-10 SNACK	8-9 BREAKFAST 9-10 EXERCISE 10-11 LUNCH 10-11 SNACK 10-11 SNACK	8-9 BREAKFAST 9-10 BINGO 10-11 SNACK 10-11 SNACK 10-11 SNACK	9-10 BREAKFAST 10-11 EXERCISE 11-12 LUNCH 11-12 SNACK 11-12 SNACK	10-11 BREAKFAST 11-12 BINGO 12-1 SNACK 12-1 SNACK 12-1 SNACK	11-12 BREAKFAST LUNCH CARD GAMES
8-9 BREAKFAST LUNCH TABLE GAMES	8-9 BREAKFAST 9-10 EXERCISE 10-11 LUNCH 10-11 SNACK 10-11 SNACK	9-10 BREAKFAST 10-11 EXERCISE 11-12 LUNCH 11-12 SNACK 11-12 SNACK	9-10 BREAKFAST 10-11 BINGO 11-12 SNACK 11-12 SNACK 11-12 SNACK	10-11 BREAKFAST 11-12 EXERCISE 12-1 LUNCH 12-1 SNACK 12-1 SNACK	11-12 BREAKFAST 12-1 BINGO 1-2 SNACK 1-2 SNACK 1-2 SNACK	12-1 BREAKFAST LUNCH CARD GAMES
9-10 BREAKFAST LUNCH TABLE GAMES	9-10 BREAKFAST 10-11 EXERCISE 11-12 LUNCH 11-12 SNACK 11-12 SNACK	10-11 BREAKFAST 11-12 EXERCISE 12-1 LUNCH 12-1 SNACK 12-1 SNACK	10-11 BREAKFAST 11-12 BINGO 12-1 SNACK 12-1 SNACK 12-1 SNACK	11-12 BREAKFAST 12-1 EXERCISE 1-2 LUNCH 1-2 SNACK 1-2 SNACK	12-1 BREAKFAST 1-2 BINGO 2-3 SNACK 2-3 SNACK 2-3 SNACK	1-2 BREAKFAST LUNCH CARD GAMES
10-11 BREAKFAST LUNCH TABLE GAMES	10-11 BREAKFAST 11-12 EXERCISE 12-1 LUNCH 12-1 SNACK 12-1 SNACK	11-12 BREAKFAST 12-1 EXERCISE 1-2 LUNCH 1-2 SNACK 1-2 SNACK	11-12 BREAKFAST 12-1 BINGO 1-2 SNACK 1-2 SNACK 1-2 SNACK	12-1 BREAKFAST 1-2 EXERCISE 2-3 LUNCH 2-3 SNACK 2-3 SNACK	1-2 BREAKFAST 2-3 BINGO 3-4 SNACK 3-4 SNACK 3-4 SNACK	2-3 BREAKFAST LUNCH CARD GAMES
11-12 BREAKFAST LUNCH TABLE GAMES	11-12 BREAKFAST 12-1 EXERCISE 1-2 LUNCH 1-2 SNACK 1-2 SNACK	12-1 BREAKFAST 1-2 EXERCISE 2-3 LUNCH 2-3 SNACK 2-3 SNACK	12-1 BREAKFAST 1-2 BINGO 2-3 SNACK 2-3 SNACK 2-3 SNACK	1-2 BREAKFAST 2-3 EXERCISE 3-4 LUNCH 3-4 SNACK 3-4 SNACK	2-3 BREAKFAST 3-4 BINGO 4-5 SNACK 4-5 SNACK 4-5 SNACK	3-4 BREAKFAST LUNCH CARD GAMES
12-1 BREAKFAST LUNCH TABLE GAMES	12-1 BREAKFAST 1-2 EXERCISE 2-3 LUNCH 2-3 SNACK 2-3 SNACK	1-2 BREAKFAST 2-3 EXERCISE 3-4 LUNCH 3-4 SNACK 3-4 SNACK	1-2 BREAKFAST 2-3 BINGO 3-4 SNACK 3-4 SNACK 3-4 SNACK	2-3 BREAKFAST 3-4 EXERCISE 4-5 LUNCH 4-5 SNACK 4-5 SNACK	3-4 BREAKFAST 4-5 BINGO 5-6 SNACK 5-6 SNACK 5-6 SNACK	4-5 BREAKFAST LUNCH CARD GAMES
1-2 BREAKFAST LUNCH TABLE GAMES	1-2 BREAKFAST 2-3 EXERCISE 3-4 LUNCH 3-4 SNACK 3-4 SNACK	2-3 BREAKFAST 3-4 EXERCISE 4-5 LUNCH 4-5 SNACK 4-5 SNACK	2-3 BREAKFAST 3-4 BINGO 4-5 SNACK 4-5 SNACK 4-5 SNACK	3-4 BREAKFAST 4-5 EXERCISE 5-6 LUNCH 5-6 SNACK 5-6 SNACK	4-5 BREAKFAST 5-6 BINGO 6-7 SNACK 6-7 SNACK 6-7 SNACK	5-6 BREAKFAST LUNCH CARD GAMES
2-3 BREAKFAST LUNCH TABLE GAMES	2-3 BREAKFAST 3-4 EXERCISE 4-5 LUNCH 4-5 SNACK 4-5 SNACK	3-4 BREAKFAST 4-5 EXERCISE 5-6 LUNCH 5-6 SNACK 5-6 SNACK	3-4 BREAKFAST 4-5 BINGO 5-6 SNACK 5-6 SNACK 5-6 SNACK	4-5 BREAKFAST 5-6 EXERCISE 6-7 LUNCH 6-7 SNACK 6-7 SNACK	5-6 BREAKFAST 6-7 BINGO 7-8 SNACK 7-8 SNACK 7-8 SNACK	6-7 BREAKFAST LUNCH CARD GAMES
3-4 BREAKFAST LUNCH TABLE GAMES	3-4 BREAKFAST 4-5 EXERCISE 5-6 LUNCH 5-6 SNACK 5-6 SNACK	4-5 BREAKFAST 5-6 EXERCISE 6-7 LUNCH 6-7 SNACK 6-7 SNACK	4-5 BREAKFAST 5-6 BINGO 6-7 SNACK 6-7 SNACK 6-7 SNACK	5-6 BREAKFAST 6-7 EXERCISE 7-8 LUNCH 7-8 SNACK 7-8 SNACK	6-7 BREAKFAST 7-8 BINGO 8-9 SNACK 8-9 SNACK 8-9 SNACK	7-8 BREAKFAST LUNCH CARD GAMES
4-5 BREAKFAST LUNCH TABLE GAMES	4-5 BREAKFAST 5-6 EXERCISE 6-7 LUNCH 6-7 SNACK 6-7 SNACK	5-6 BREAKFAST 6-7 EXERCISE 7-8 LUNCH 7-8 SNACK 7-8 SNACK	5-6 BREAKFAST 6-7 BINGO 7-8 SNACK 7-8 SNACK 7-8 SNACK	6-7 BREAKFAST 7-8 EXERCISE 8-9 LUNCH 8-9 SNACK 8-9 SNACK	7-8 BREAKFAST 8-9 BINGO 9-10 SNACK 9-10 SNACK 9-10 SNACK	8-9 BREAKFAST LUNCH CARD GAMES
5-6 BREAKFAST LUNCH TABLE GAMES	5-6 BREAKFAST 6-7 EXERCISE 7-8 LUNCH 7-8 SNACK 7-8 SNACK	6-7 BREAKFAST 7-8 EXERCISE 8-9 LUNCH 8-9 SNACK 8-9 SNACK	6-7 BREAKFAST 7-8 BINGO 8-9 SNACK 8-9 SNACK 8-9 SNACK	7-8 BREAKFAST 8-9 EXERCISE 9-10 LUNCH 9-10 SNACK 9-10 SNACK	8-9 BREAKFAST 9-10 BINGO 10-11 SNACK 10-11 SNACK 10-11 SNACK	9-10 BREAKFAST LUNCH CARD GAMES
6-7 BREAKFAST LUNCH TABLE GAMES	6-7 BREAKFAST 7-8 EXERCISE 8-9 LUNCH 8-9 SNACK 8-9 SNACK	7-8 BREAKFAST 8-9 EXERCISE 9-10 LUNCH 9-10 SNACK 9-10 SNACK	7-8 BREAKFAST 8-9 BINGO 9-10 SNACK 9-10 SNACK 9-10 SNACK	8-9 BREAKFAST 9-10 EXERCISE 10-11 LUNCH 10-11 SNACK 10-11 SNACK	9-10 BREAKFAST 10-11 BINGO 11-12 SNACK 11-12 SNACK 11-12 SNACK	10-11 BREAKFAST LUNCH CARD GAMES
7-8 BREAKFAST LUNCH TABLE GAMES	7-8 BREAKFAST 8-9 EXERCISE 9-10 LUNCH 9-10 SNACK 9-10 SNACK	8-9 BREAKFAST 9-10 EXERCISE 10-11 LUNCH 10-11 SNACK 10-11 SNACK	8-9 BREAKFAST 9-10 BINGO 10-11 SNACK 10-11 SNACK 10-11 SNACK	9-10 BREAKFAST 10-11 EXERCISE 11-12 LUNCH 11-12 SNACK 11-12 SNACK	10-11 BREAKFAST 11-12 BINGO 1-2 SNACK 1-2 SNACK 1-2 SNACK	11-12 BREAKFAST LUNCH CARD GAMES
8-9 BREAKFAST LUNCH TABLE GAMES	8-9 BREAKFAST 9-10 EXERCISE 10-11 LUNCH 10-11 SNACK 10-11 SNACK	9-10 BREAKFAST 10-11 EXERCISE 11-12 LUNCH 11-12 SNACK 11-12 SNACK	9-10 BREAKFAST 10-11 BINGO 11-12 SNACK 11-12 SNACK 11-12 SNACK	10-11 BREAKFAST 11-12 EXERCISE 1-2 LUNCH 1-2 SNACK 1-2 SNACK	11-12 BREAKFAST 1-2 BINGO 2-3 SNACK 2-3 SNACK 2-3 SNACK	1-2 BREAKFAST LUNCH CARD GAMES
9-10 BREAKFAST LUNCH TABLE GAMES	9-10 BREAKFAST 10-11 EXERCISE 11-12 LUNCH 11-12 SNACK 11-12 SNACK	10-11 BREAKFAST 11-12 EXERCISE 1-2 LUNCH 1-2 SNACK 1-2 SNACK	10-11 BREAKFAST 11-12 BINGO 1-2 SNACK 1-2 SNACK 1-2 SNACK	11-12 BREAKFAST 1-2 EXERCISE 2-3 LUNCH 2-3 SNACK 2-3 SNACK	1-2 BREAKFAST 2-3 BINGO 3-4 SNACK 3-4 SNACK 3-4 SNACK	2-3 BREAKFAST LUNCH CARD GAMES
10-11 BREAKFAST LUNCH TABLE GAMES	10-11 BREAKFAST 11-12 EXERCISE 1-2 LUNCH 1-2 SNACK 1-2 SNACK	11-12 BREAKFAST 1-2 EXERCISE 2-3 LUNCH 2-3 SNACK 2-3 SNACK	11-12 BREAKFAST 1-2 BINGO 2-3 SNACK 2-3 SNACK 2-3 SNACK	1-2 BREAKFAST 2-3 EXERCISE 3-4 LUNCH 3-4 SNACK 3-4 SNACK	2-3 BREAKFAST 3-4 BINGO 4-5 SNACK 4-5 SNACK 4-5 SNACK	3-4 BREAKFAST LUNCH CARD GAMES
11-12 BREAKFAST LUNCH TABLE GAMES	11-12 BREAKFAST 1-2 EXERCISE 2-3 LUNCH 2-3 SNACK 2-3 SNACK	1-2 BREAKFAST 2-3 EXERCISE 3-4 LUNCH 3-4 SNACK 3-4 SNACK	1-2 BREAKFAST 2-3 BINGO 3-4 SNACK 3-4 SNACK 3-4 SNACK	2-3 BREAKFAST 3-4 EXERCISE 4-5 LUNCH 4-5 SNACK 4-5 SNACK	3-4 BREAKFAST 4-5 BINGO 5-6 SNACK 5-6 SNACK 5-6 SNACK	4-5 BREAKFAST LUNCH CARD GAMES
12-1 BREAKFAST LUNCH TABLE GAMES	12-1 BREAKFAST 1-2 EXERCISE 2-3 LUNCH 2-3 SNACK 2-3 SNACK	1-2 BREAKFAST 2-3 EXERCISE 3-4 LUNCH 3-4 SNACK 3-4 SNACK	1-2 BREAKFAST 2-3 BINGO 3-4 SNACK 3-4 SNACK 3-4 SNACK	2-3 BREAKFAST 3-4 EXERCISE 4-5 LUNCH 4-5 SNACK 4-5 SNACK	3-4 BREAKFAST 4-5 BINGO 5-6 SNACK 5-6 SNACK 5-6 SNACK	4-5 BREAKFAST LUNCH CARD GAMES

Island Cove offers a safe, caring, and active environment for seniors and adults with special needs. The program supports participants' independence, maintaining and increasing skill levels, while enhancing their quality of life. If you or someone you know may benefit from our program - we'd love to hear from you. We would be happy to set up a tour for you; and if you're interested, we can offer a two-week trial period to determine if it is a good fit. Join our crew - the more the merrier!!

**CONTACT US FOR MORE INFORMATION  
OR TO SET UP A TOUR**

For information call: 486-2203 or visit our website at: [www.kodiakseniorcenter.org](http://www.kodiakseniorcenter.org)



## Fun & Games

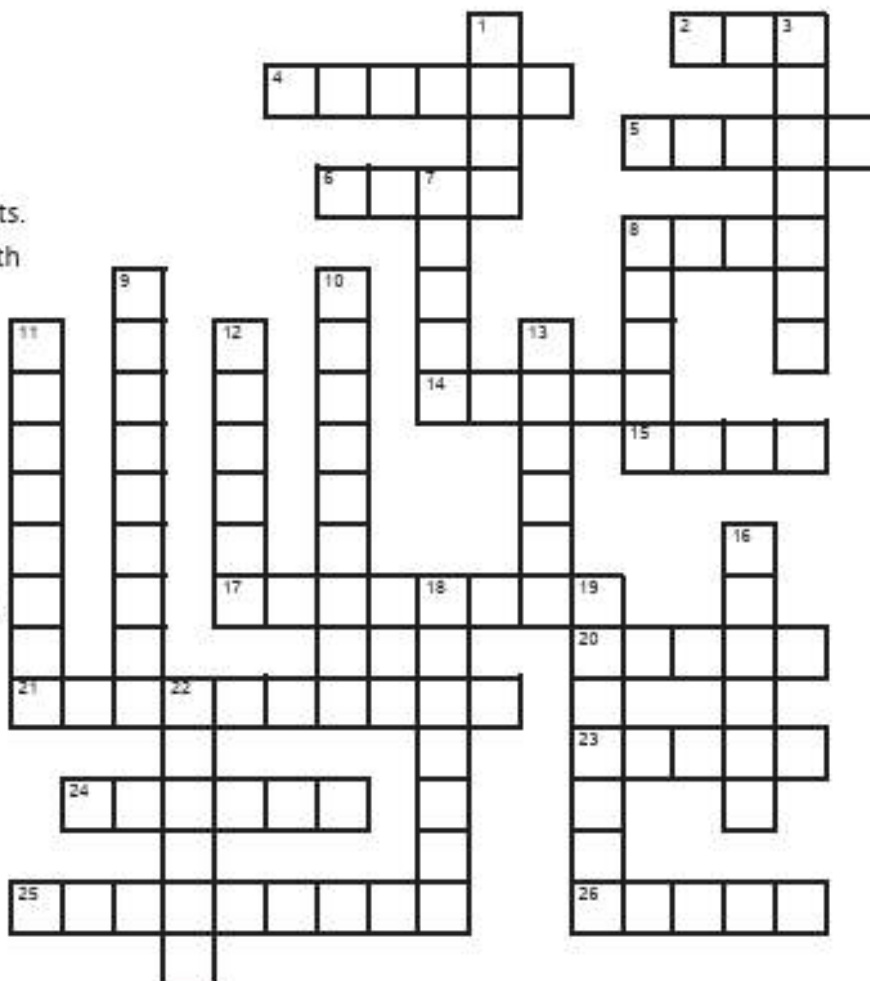
# Let's Get Dressed

**ACROSS**

- 2. Covers the head.
- 4. Fastener that fits through a hole.
- 5. Casual pants made of denim fabric.
- 6. Sleeveless garment worn over a shirt.
- 8. Worn around the waist to hold up pants.
- 14. Garment worn on the upper body with sleeves and a collar.
- 15. Formal attire made up of a jacket and pants.
- 17. Tailored pants.
- 20. Protective garment worn over clothes while cooking.
- 21. Eyewear worn to protect eyes from daylight.
- 23. One-piece garment worn by females.
- 24. Pants that leave your legs bare.
- 25. Worn beneath clothing for support and comfort.
- 26. Woman's garment that hangs from the waist.

**DOWN**

- 1. Outerwear worn for warmth in cold weather, longer than jacket.
- 3. Sleeveless shirt.
- 7. Worn on the feet to keep them warm or for comfort.
- 8. Footwear for cold or rainy weather.
- 9. Loose-fitting garment worn for sleeping.
- 10. Casual footwear for warm weather.
- 11. Footwear designed for sports or physical activity.
- 12. Outerwear worn for warmth in cold weather, shorter than a coat.
- 13. Clothing fastener with teeth.
- 16. Women's top that often has buttons or a collar.
- 18. Knitted top.
- 19. Open-toed footwear for warm weather.
- 22. Worn on the hands for protection and warmth.



**Answers to Crossword Puzzles on page 14**



## **2025 Social Security Schedule**

**Video Service Delivery (VSD) is available at the  
Kodiak Job Center during the dates listed below:**

~~January 14 & 28~~

~~February 11 & 25~~

~~March 11 & 25~~

~~April 8 & 22~~

May 13 & 27

June 10 & 24

July 8 & 22

August 12 & 26

September 9 & 23

October 14 & 28

November 11 & 25

December 9 & 23

**Come early to sign-in at 8:00 AM**

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays, 9:00 AM – 11:45 AM**

You may call the Social Security Office at **1-866-772-3081** (Anchorage) or  
**1-800-772-1213** (National Number).

Online services are available at [www.socialsecurity.gov](http://www.socialsecurity.gov) to:

- Apply for Social Security benefits or Medicare;
- Get a retirement benefit estimate;
- Use benefit planner to calculate your retirement, disability, and survivors benefits;
- Change your address, telephone number, or direct deposit information;
- Request a replacement Medicare card.
- You may visit the Social Security Office at:

222 W 8<sup>th</sup> Avenue, Room A11  
Anchorage, Alaska 99513

## But Wait...There's more!

### Senior Testimonial



*Tai Chi has improved my flexibility, and the noon lunches have improved my nutrition.*

*I am a people person and SCOK offers such peace and care.*



If you would like to be featured in our Senior Testimonial section, fill out a comment card at the Senior Center or stop by and let us know in person! Comments can be anonymous if you'd like!



1. Scammers **pretend** to be from an agency you know to gain your trust.
2. Scammers say there is a **problem** or a prize.
3. Scammers pressure you to act **immediately**.
4. Scammers tell you to **pay** in a specific way.

Recognizing the signs of a scam gives you the power to ignore criminals and report the scam. Learn more at [ssa.gov/scam](https://ssa.gov/scam).

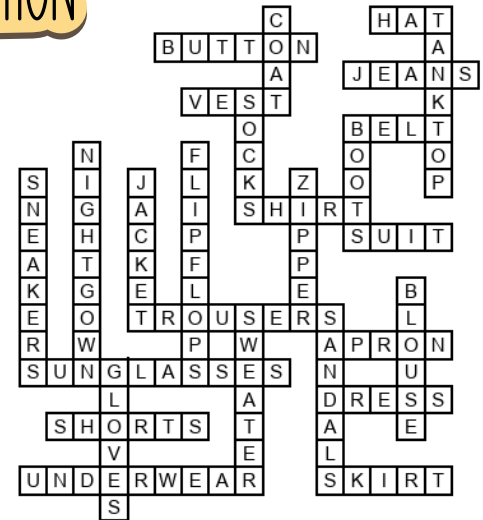
### On the Menu

We will have a couple of special lunches this month; we hope you'll come and join us!!



- ▶ Monday, May 5th: Cinco de Mayo Lunch  
Enchilada casserole, Spanish rice & black beans
- ▶ Friday, May 9th: Mother's Day Luncheon  
Chicken cordon bleu, wild rice & asparagus with hollandaise
- ▶ Friday, May 16<sup>th</sup>: Spring **PICNIC** : Hamburger or Hot Dog with potato salad and bake beans & fruit cocktail
- ▶ Wednesday, May 21<sup>st</sup>: NEW MENU ITEM!  
Reindeer sausage sandwich with sweet pepper relish, sweet potato fries & corn on the cob

### SOLUTION



MOTHER'S DAY IS A CELEBRATION HONORING THE MOTHER OF THE FAMILY OR INDIVIDUAL, AS WELL AS MOTHERHOOD, MATERNAL BONDS, AND THE INFLUENCE OF MOTHERS IN SOCIETY. IT IS CELEBRATED ON DIFFERENT DAYS IN MANY PARTS OF THE WORLD.



**MOTHER'S DAY IS MAY 11TH**

**WISHING ALL THE AMAZING MOMS A VERY HAPPY MOTHERS DAY!!!**